



The Home Department

Conducted by
Helen Watts McKee

Music of the Corn

The grand armies of peace are encamping afield,
There is no glint on the spear, no blaze on the shield;
No flashing of helmet, nor the gleaming of blade,
For the shaft of each weapon is pearl inlaid.

Their standards are glistening with the dew of the dawn,
And growing in splendor with the growing of morn,
And there's music far sweeter than the clarion horn—
'Tis the life-giving music of the rustling corn.

How stately and majestic and graceful in mien
Are the soldiers of peace in their mantles of green,
O'er the brow of each soldier waves a tall tasseled plume—
An emblem of plenty in the straw nodding bloom.

From the land of the prairies and realms of the morn,
They are coming, their arms brimming with golden corn,
And there's music far sweeter than the huntsman's horn—
'Tis the life-giving music of the rustling corn.

They are marching abreast where the dim skyline dies—
The grand armies of peace, born of earth and the skies.
'Neath their ribbons and pennons there are no ugly scars—
The trophies of victory, the red ensigns of wars.

Bread-bearers for the nations more fruitful than trees,
The tread of their legions is heard cross the wide seas,
Keeping step to the music of Plenty's full horn—
'Tis the life-saving music of the rustling corn.

—Baltimore Sun.

Slovenly Men

It is a lamentable fact that many men—men who are otherwise worthy of the love of the women of their household—are disgustingly careless of their person and clothing. The mechanic, tradesman, laborer, and in some instances, men in the professions, are apt to sit around in their work clothes after the day's work is done, because they are "too tired," or the "day is too near done" for them to wash off the grime of the day's toil and put on fresh clothes. Many of these men, in towns and cities, are of the beer-drinking, tobacco-using class, and the perspiration is anything but sweet-smelling, without the accumulations of dirt from their various places of toil. Then, how few of these men will take off the dirty underwear, and put on a fresh shirt on going to bed! They just tumble down in all their foulness, and bed sheets, mattress, quilts, pillows soon become as dirty and ill-smelling as the sleeper. It surely is not because of the expense of the night shirt, because these can be neatly made of very inexpensive materials.

A woman whose love is worth having—and they are largely in the majority—is naturally dainty; but many of them, by being forced to live with such men become slatternly, and the whole household gets an air of slo-

venliness, for which the wife is blamed, but should not be. Sons, seeing the constant uncleanness of the father, do not realize the need of cleanliness in themselves until the age when the "girl" comes in, and society brings them up with a mortifying jerk. Girls, having the father before them as a sample of domestic manhood get a lowered estimate of her deserts in the matrimonial line, and are less particular. It is all right to lecture women on neatness in the home, but don't forget to give the men a stirring up, now and then. Some of them really should be fumigated before entering into the domestic circle.

Storing the Vegetables

It is not too early to begin thinking of storing the crops that feed the family through the winter. Improper storage of vegetables produces many poisons which spread at least ailments, if not real disease throughout the household. Modern cellars have walls and floors of concrete, and these cellars should be well ventilated, with sufficient light for ordinary purposes. The bins for the various fruits and vegetables should be so constructed that a current of fresh air is always passing around and through them. If the air is not freezing, it will help rather than harm, even in cold days. The room should be kept clean, and decayed vegetables or fruits should be removed at once; sour milk, or mildewing foods in dishes should not be allowed on the shelves. It is the dead, unclean air and the dampness of cellars that breed poison in vegetables and fruits. Antiseptics should be freely used in the cellar, the walls and ceilings whitewashed, boxes of lime set about, small bags of charcoal laid about in corners, the floor should be scrubbed and all shelves washed with some good disinfectant. Windows may be left open at all times, except in very cold weather, if wire netting is tacked over the opening to keep out stray dogs and cats. The steps should be either whitewashed, or painted; the concrete steps are much to be preferred to wooden ones.

Exercise for the Mother

An exercise recommended by Ernest Haekel, the scientist, is simply stretching up, up, up, as if reaching for fruit on the branches of a tree. He explains the chief value of this exercise by saying that the internal organs have a tendency to drop with increasing years, and this simple motion, often practiced (a natural one, by the way, as most of us "stretch" on rising) serves to lift and keep them in position. Instead of throwing the shoulders back, try lifting the chest up, as when drawing a deep breath, and hold the chest up as much as possible. The shoulders will assume the right position.

Gleanings

As the opening of the schools for the fall term will soon be in order, it is well to remember that the two heaviest burdens borne by the homes of today are the cost of school clothing and school books. A clipping from an exchange presents the figures, and they show that these two items represent a greater expense per child than food and medical attendance. The point is made that most school children are overdressed and are compelled to buy books that

are unnecessary. It is estimated that school books and school dress now cost per child of school age, per year, about \$125, while food and medical attendance cost but \$90 per year per child, the age being between nine and fifteen years.

Every child should learn early to make some money for himself in certain legitimate ways, under careful supervision of his parents. By working for this money, he finds what it costs to obtain it. The child should be required to spend the money judiciously, and thus learn that money is of value in the possessing of things wanted. It should be taught to save its money for a definite end, and to consider well whether the desired purchase is really worth the effort it cost.

The child should be permitted to have its choice, and will learn by the mistakes made which is the better way of using its earnings. In this way, he is taught the true value of money.

The Reason

A little girl listened to a long conversation between two indiscreet people over domestic troubles of husbands and wives; for several days she was very thoughtful. Then she uncovered her thoughts to her mother in this wise: "Mamma, I know why a chicken crosses the road." "And why does it, dear?" asked the mother. "Because it has troubles at home, and wants to die."—Exchange.

Floral

Many complain that their peonies do not bloom; sometimes the buds are set, but do not open. A florist tells us that it is probably due to acidity of the soil, and a dressing of fresh lime worked in the surface about the roots will usually overcome the trouble.

In sending for bulbs for fall planting, do not be satisfied with the cheap, or the "bargain-counter" bulbs, as these rarely give satisfactory results. They are not true to name, old bulbs with little vitality, or too small to do more than "live through." Better one big, vigorous bulb that will give you a fine spike of flowers, than a dozen that neither bloom nor are true to name.

In many regions, especially in the drouthy localities, sweet peas should be planted in the fall, so their blooming season will be past before the hot weather burns them up.

This is the time to sow pansy seeds, if you have not yet planted them. Do not delay; fall started plants are the early bloomers of the pansy family. Perennials and biennials should be planted this month, and the seed-beds covered with sacking, or other loose covering, kept damp; the beds must not be allowed to dry out until the seeds germinate, and they must then be watered judiciously. It will pay to care for them.

Do not forget that the plants for the window garden must be attended to now; pot the slips and keep growing thriftily, but do not allow to bloom. Re-pot whenever needed. Try to have a few plants.

The "Little Ant" Question

Mrs. M. S., Ohio, in her strictures on the method of exterminating ants, does her heart more credit than her head; if she had ever been beset and tormented by the little pests, she would know that they are not sensi-

tive little things, and do not readily "take a hint." They are industriously persevering and persistent, and one is obliged to adopt heroic and vigorous methods of extermination. They are industrious, also passionate and spiteful; will sting without provocation; they fight among themselves, and when some of them are killed, the others proceed to devour the carcasses without compunction—perfect little cannibals. I do not admire the little beasts, and wage a war of extermination on them whenever they intrude.—Mrs. M., Waverly.

Mrs. L. S. C., Illinois, says: "We can not afford to be very tender of the feelings of the little pests of the pantry known as red ants, or of their cousins, the black ants. They are like some people—they will never take a hint that is not administered with a broadsword, and even after such a hint, their persistence and perseverance in "getting into things" is simply wonderful. Just exterminate them; many a better thing has gone the way of the world's waste product, and we spare them better than the nerve force it costs the housewife to fight them. Teach the girlie that she must not allow insects in her house, and show her why."

For the Toilet

Answering Mrs. L. K.—Nearly all face bleaches have corrosive sublimate (bi-chloride of mercury) for their basis. Taken internally, corrosive sublimate is a deadly poison, but applied to the scalp or skin in proportions given in the following recipes, I have the assurance of several physicians and druggists that it is harmless. It should be labelled "poison" in red letters and kept out of careless hands.

For dandruff, get a five-ounce bottle; then get of your druggist ten grains of corrosive sublimate, which will probably cost you five cents; get a pint of distilled witch hazel, which will probably cost twenty-five cents. Into the five-ounce bottle put the ten

THE WAY OUT

What to Do When Food Don't Agree

When food don't agree sensible folks make a change.

Where all others fail Grape-Nuts, being partially predigested and nearly all nourishment, succeeds usually from the first trial.

A lady in Washington says: "My baby 19 months old had never seen a well day in her life. She had suffered from indigestion from the time of her birth, and it seemed impossible to find any food to agree with her. She could keep almost nothing on her stomach and she was in such a constipated condition she suffered a great deal.

"It was then that I tried Grape-Nuts for her, steeping it thoroughly and straining it, putting a small portion in each feeding and it worked like a charm. She began to improve immediately and gained half a pound the first week.

"Baby got her indigestion from me, for my digestive organs have always been weak. I rely on Grape-Nuts for most of my food for there are times when I can eat nothing else. I am steadily improving and know Grape-Nuts will make me entirely well in time.

"I never have that tired feeling any more. I eat Grape-Nuts and I feel its effect in improved mental strength very forcibly."

"There's a Reason." Look in pkgs. for the famous little book, "The Road to Wellville." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.